



Tortilla Espanola (Spanish Tortilla)



Gluten Free



Dairy Free



Very Healthy

READY IN



140 min.

SERVINGS



1

CALORIES



1621 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds baking potatoes peeled cut into 1/4-inch slices
- ☐ 6 eggs
- ☐ 2 tablespoons olive oil
- ☐ 2 onions sliced into rings
- ☐ 2 tablespoons parsley fresh italian chopped
- ☐ 1 roasted pepper red drained cut into strips
- ☐ 1 serving salt and pepper to taste
- ☐ 3 ounces serrano ham spanish chopped

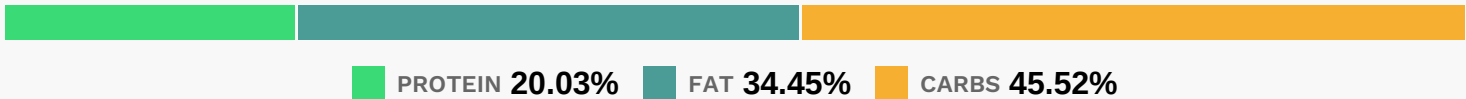
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ stove
- ☐ spatula

Directions

- ☐ Heat 1/2 cup olive oil in a large skillet over medium-low heat.
- ☐ Add half of the potato slices, and cook, stirring occasionally, until just tender, 15 to 20 minutes. When done, remove potatoes to a large bowl, leaving oil in the skillet. Cook the remaining potatoes in the oil until tender, then add to the bowl, leaving oil in the skillet. Gently toss potatoes with salt and pepper to taste.
- ☐ Meanwhile, heat 2 tablespoons olive oil in a skillet over medium heat. Stir in onion rings, and gently cook until soft and golden brown, about 15 minutes. Spoon onions onto a plate, and allow to cool while the potatoes finish cooking.
- ☐ Whisk eggs in a large bowl until smooth. Stir in cooled onions, roasted peppers, and serrano ham. Gently fold in cooked potatoes.
- ☐ Heat the skillet with the reserved oil over low heat.
- ☐ Pour in the egg mixture, and gently cook until the sides have started to set and the bottom has turned golden brown, 8 to 10 minutes. Loosen the tortilla with a spatula if needed, then carefully slide onto a large plate. Turn the skillet upside down and place onto the uncooked side of the tortilla. Turn the skillet right-side-up, and remove the plate. Return the skillet to the stove, and continue cooking until the tortilla has set in the center, about 4 minutes.
- ☐ Slide the tortilla onto a serving plate and allow to cool to room temperature.
- ☐ Cut into six wedges and sprinkle with parsley to serve.

Nutrition Facts



Properties

Glycemic Index:143.75, Glycemic Load:133.55, Inflammation Score:-10, Nutrition Score:68.417391403862%

Flavonoids

Apigenin: 17.28mg, Apigenin: 17.28mg, Apigenin: 17.28mg, Apigenin: 17.28mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg, Isorhamnetin: 11.02mg Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg, Kaempferol: 1.55mg Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg, Myricetin: 1.25mg Quercetin: 44.68mg, Quercetin: 44.68mg, Quercetin: 44.68mg, Quercetin: 44.68mg

Nutrients (% of daily need)

Calories: 1621.26kcal (81.06%), Fat: 63.33g (97.43%), Saturated Fat: 14.01g (87.58%), Carbohydrates: 188.33g (62.78%), Net Carbohydrates: 172.09g (62.58%), Sugar: 16g (17.77%), Cholesterol: 1027.67mg (342.56%), Sodium: 2804.75mg (121.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 82.85g (165.69%), Vitamin B6: 3.92mg (195.78%), Vitamin K: 166.06µg (158.15%), Potassium: 4567.14mg (130.49%), Selenium: 85.9µg (122.71%), Vitamin C: 95.83mg (116.16%), Phosphorus: 1097.51mg (109.75%), Vitamin B2: 1.58mg (93.19%), Manganese: 1.85mg (92.73%), Iron: 14.85mg (82.53%), Folate: 310.97µg (77.74%), Vitamin B5: 7.09mg (70.94%), Magnesium: 270.41mg (67.6%), Fiber: 16.24g (64.97%), Vitamin B1: 0.97mg (64.45%), Copper: 1.27mg (63.52%), Vitamin B3: 10.15mg (50.75%), Vitamin E: 7mg (46.66%), Vitamin A: 2305.39IU (46.11%), Zinc: 6.56mg (43.75%), Vitamin B12: 2.35µg (39.16%), Vitamin D: 5.28µg (35.2%), Calcium: 342.98mg (34.3%)